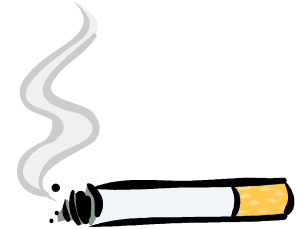


# Quit Smoking – Gain Weight?

Many people keep smoking because they are afraid of gaining weight. This is a realistic fear. However, the average weight gain after quitting smoking is between 5-10 pounds.

There are two reasons some people gain weight after quitting smoking:

1. The body's metabolism drops when the stimulants in cigarettes are no longer inhaled.
2. Many people who stop smoking begin eating more, especially junk food.



**You don't have to gain weight when you stop smoking! Here is what you can do about it:**

## Start Eating Differently

- Eat more vegetables and fruit. Fill up on these!!
- Avoid high fat, high sugar foods and beverages.
- Eat small amounts 5-6 times/day instead of 2-3 large meals.
- Eat very **s-l-o-w-l-y**. Completely enjoy every morsel!
- Eat at the table - not in front of the TV.
- Plan ahead - bring your lunch rather than eating fast food.
- Keep crunchy snacks handy such as carrot sticks, apples, and pretzels.

## Other tips

- Keep your mouth busy with calorie-free mints, gum, toothpicks, a straw, a cinnamon stick, and so on.
- Set a time each day to do some physical activity. It may be even better to break it up into shorter times two or three times each day.
- Take walks, go bicycling, swim, play active sports... whatever suits you.

